

# Zips

Zero to age 21: Information  
Promoting Success for Nurses  
working with Kansas Kids

FEBRUARY 2005

## NEW STATE HEALTH DIRECTOR TO JOIN KDHE

The Kansas Department of Health and Environment (KDHE) is pleased to announce that Howard Rodenberg, M.D., M.P.H., of Daytona Beach, FL, has accepted the position of KDHE Division of Health Director. Rodenberg has been serving as the director of the Volusia County Health Dept. in Daytona Beach since October 2003. "Dr. Rodenberg's experience in public health and emergency medical services, as well as his demonstrated commitment to health issues will be invaluable to the agency," KDHE Secretary Roderrick Bremby said. "We are extremely pleased with his decision to return to the Midwest to lead the Division of Health, and we will greatly benefit from his experiences abroad as well as his extensive background in medicine." In addition to providing health leadership for Volusia County, Rodenberg continues to work as an emergency physician at Halifax Medical Center in Daytona Beach. He earned his undergraduate degree in Biology from the University of Missouri-Kansas City, his medical degree from the University of Missouri-Kansas City School of Medicine, and his Master of Public Health degree from the University of South Florida, Tampa. Rodenberg has also worked in emergency medicine services as EMS Medical Director for Volusia County and as medical Director for EMS Programs at Central Florida Community College. He served as a consultant for Emergency Health Services with Medical Rescue International, Inc. in Johannesburg, South Africa and as a field physician during the Rwandan refugee crisis in Zaire, as well as following Hurricane Andrew in Florida. In addition, he served as a NASA certified flight surgeon and at the NASA—University of Florida Kennedy Space Center Launch and was Landing Support Medical Team Coordinator for several years. Rodenberg will begin work with KDHE in February, and replaces Dr. Michael Moser who left the agency in April 2003. Richard Morrissey, director of KDHE's Office of Local and Rural health, has served as interim health director since Moser's departure. WELCOME Dr. Rodenberg!

**Attention Kansas School Nurses!!** The School Nurse Survey can be found at the BCYF School Health Resource Web site at: <http://www.kdhe.state.ks.us/c-f/school.html>. Upon viewing the School Health Resources web page, you will note the School Nurse Survey is located on the lower left hand side of the page, and can be accessed by simply clicking on this link. The School Nurse Survey can be completed via the above Internet Web site, or downloaded and completed on paper to be mailed or faxed to: Christine Tuck, Child Health Consultant, KDHE, BCYF, 1000 SW Jackson, Suite 220, Topeka, KS. 66612. Fax: 785-296-4166. The School Nurse Survey is due to KDHE by May 15. See entire article on page 6.



Red Day article on page 5.

Friday, Feb. 4, is **National Wear Red Day**—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join the national awareness movement by wearing red on Feb. 4, and encouraging your family, friends, and co-workers to do the same. Anyone can participate by showing off a favorite red dress, shirt, or tie. More information can be found at the Web site: <http://www.nhlbi.nih.gov/health/hearttruth/events/index.htm>. See additional National Wear

**Public Health Nurse and Maternal and Child Health Conference** will be held May 3-5 at the Wichita Airport Hilton. Registration will begin at 8 a.m. on May 3. The 16th Annual **Kansas School Nurse Conference** will be held July 26-27 at the Hyatt Regency in Wichita.

Contents	Page
Zips	1
Perinatal: Conception-Birth	2
Child Health: Age 0-9	3
Adolescent Health: Age 10-21	4
Public Health	5
School Health	6
Events and Resources	7



## This Newsletter is Compiled By:

Kansas Dept. of  
Health & Environment  
Bureau for Children, Youth  
and Families  
1000 SW Jackson, Suite 220  
Topeka, KS 66612  
Phone: 785-296-1300  
fax: 785-296-4166

<http://www.kdhe.state.ks.us/bcyf/index.html>

*Christine Tuck, RN, BSN, MS, CSN*  
Child and School Health Consultant  
785-296-7433  
[ctuck@kdhe.state.ks.us](mailto:ctuck@kdhe.state.ks.us)

*Joseph Kotsch, RN, BSN, MS*  
Perinatal Consultant  
785-296-1306  
[jkotsch@kdhe.state.ks.us](mailto:jkotsch@kdhe.state.ks.us)

*Jane Stueve, RN, BSN*  
Adolescent Health Consultant  
785-296-1308  
[jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us)

*Jamie Klenklen, BPA*  
MCH Administrative Consultant  
785-296-1234  
[jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us)

## LONGITUDINAL STUDY EXAMINES

### ADOLESCENT PREGNANCY INTENTIONS AND PREGNANCY OUTCOMES

"Although both planning and likelihood have been considered means by which pregnancy 'intentions' are measured, it is clear that they do not represent unitary constructs to adolescent females before conception," state the authors of an article published in the December 2004 issue of the *Journal of Adolescent Health*. Understanding adolescents' pregnancy intentions before conception may help identify targets for intervention to prevent adolescent pregnancy. The article describes a prospective study of nonpregnant adolescents to estimate the value of pregnancy intention (characterized by pregnancy plans and likelihood) in predicting actual pregnancy. The authors found that Adolescents' reports of their pregnancy plans and their assessments of pregnancy likelihood differed from one another. Adolescents with inconsistent pregnancy intentions (i.e., not planning but likely) indicated more positive attitudes toward pregnancy and less contraceptive use than those who clearly indicated no pregnancy intentions. Nearly a third of adolescents with inconsistent pregnancy intentions reported positive pregnancy test results in the past six months. "Despite a majority of the teens expressing no plans to become pregnant in the next six months, there was tremendous variability in their assessments of the likelihood that they would become pregnant in the next six months," state the authors, suggesting that "a counseling intervention focused on adolescents' perceptions of the life circumstances that influence conception and contraceptive use may be beneficial." Rosengard C, Phipps MG, Adler NE, et al. 2004. Adolescent pregnancy intentions and pregnancy outcomes: A longitudinal examination. *Journal of Adolescent Health* 35(6):453-461. For more information go to: [http://www.mchlibrary.info/KnowledgePaths/kp\\_adolpreg.html](http://www.mchlibrary.info/KnowledgePaths/kp_adolpreg.html).



## New Edition of Prenatal Care Knowledge Path

**Released.** In recognition of National Birth Defects

Prevention Month, the MCH Library has released a new edition of the knowledge path, Prenatal Care. The knowledge path is an electronic resource guide on recent, high-quality resources that analyze perinatal health statistics, describe effective prenatal care programs, and report on research aimed at improving access to and the quality of prenatal care and improving perinatal health outcomes. Produced by the MCH Library, the knowledge path includes information on (and links to) Web sites and electronic publications, databases, electronic newsletters and online discussion groups, journal articles, and print publications. Several resources focus on specific aspects of maternal health-related behaviors such as nutrition, smoking, and alcohol and substance use. Other resources address preconceptional and interconceptional health, maternal morbidity and mortality, racial and ethnic disparities in maternal health, and the adverse effects of environmental exposures during pregnancy. The knowledge path also includes general pregnancy resources as well as information about pregnancy complications for consumers. It is intended for use by health professionals, policymakers, researchers, and families who are interested in tracking timely information on this topic available at: [http://www.mchlibrary.info/KnowledgePaths/kp\\_prenatalcare.html](http://www.mchlibrary.info/KnowledgePaths/kp_prenatalcare.html).



## Likely Neurologic and Developmental Disability at Six Years of Age After "Extremely Preterm Birth"

The term "extremely preterm birth" can be defined as birth occurring before 26 weeks of gestation according to this study. In addition, this group of infants have a high prevalence of neurologic and developmental disabilities in the first two years of life. The study's authors used

standard neurologic and cognitive assessments for the children under study at 6 years of age. Also, they defined "disability" as severe (indicating dependence on caregivers), moderate, or mild according to predetermined criteria. 21 percent of the children born extremely preterm exhibited cognitive impairment when compared amongst themselves, whereas, this percentage rose to 41 percent when compared against classmates who were delivered at full term who were members of the comparison group. The authors concluded from their study that among extremely preterm children, cognitive and neurologic impairment is common at school age. A comparison with their classroom peers indicates a level of impairment that is greater than is recognized with the use of standardized norms. For more information this article can be found in Volume 352, No. 1 of the *New England Journal of Medicine*, "Neurologic and Developmental Disability at Six Years of Age after Extremely Preterm Birth," Jan. 6, 2005.



## The Importance of Birthweight.

Babies who are very low in birth weight

(less than 1,500 grams, or 3 pounds 4 ounces) have a 25 percent chance of dying before age one. Mortality among heavier, but still low birthweight, babies (between 1,500 and 2,499 grams, or 5 pounds 8 ounces) is much lower at around two percent, though still higher than those who are born above that weight (about one-quarter of one percent). Infants born at a low birthweight are also at increased risk of long-term disability and impaired development. Infants born under 2,500 grams are more likely than heavier infants to experience delayed motor and social development. For more information go to: <http://www.marchofdimes.com> and explore the options on the [Pregnancy and Newborn](#) tab.

**Public Health Nurse and Maternal and Child Health Conference** will be held May 3-5 at the Wichita Airport Hilton. Registration will begin at 8 a.m. on May 3.

# Zip's: Child Health

True knowledge is not attained by thinking. It is what you are; it is what you become.

— Sri Aurobindo

Do you watch television?

Have you had

a chance to view the **Kansas Action for Children's** (KAC) commercials "Your Mouth Matters"? If not, visit the KAC new oral health ads posted on their Web site at: <http://www.kac.org/OHweb/index.html>.



**More than four out of 10 Kansans eligible for food stamps are not receiving them,** according to a

report by Kansas Action for Children.

The group recommended that state officials improve outreach efforts to low-income families, make it easier to apply for food stamps, and eliminate an asset test, which requires families to spend down cash resources to meet the program's income requirements. In 2001, Kansas was the 13th lowest-ranked state in food stamp participation. But Dennis Priest, who oversees the food stamp program in Kansas, said the state has improved enough to be in the middle of the pack. The state has enlisted the aid of Dillon Food Stores and the Kansas Food Bank to distribute information about food stamps, he said. "We are trying to get food stamps out of the general picture of a welfare program when really it is there to help people who need to improve their nutrition," said Priest. For more information visit: <http://www.ljworld.com/section/stateregional/story/188553>.



**Folic Acid:** You Don't Know What You're Missing! is a new online tool kit designed to increase awareness of the importance of folic acid in our diet and of folic acid's many lifelong benefits. The tool kit, which focuses on general

nutrition and overall health, was developed by the National Council on Folic Acid (NCFA). The tool kit contains materials that can be downloaded and included in a local press kit, including a letter of support from the Surgeon General, Dr. Richard H. Carmona, as well as a sample press release, letter to the editor, and fundraising letter. The tool kit also contains brochures, bookmarks, posters (in both English and Spanish), and a list of successful promotional activities that several NCFA members have undertaken in their communities. All of the materials may be downloaded or ordered online. The tool kit and ordering information are available at <http://www.folicacidinfo.org/campaign/>. Also, more information is available at <http://www.surgeongeneral.gov>.



**Recommended Childhood and Adolescent Immunization Schedule,** United States, January-June 2005 Visit their Web site: <http://www.healthinschools.org/ejournal/2005/jan4.htm>.



**Spring-for-SIDS Day** The American SIDS Institute is looking for people to serve as Captains in our *Spring-for-*

*SIDS Day* - to be held April 8. This national event will raise awareness about Sudden Infant Death Syndrome and will raise funds for research. We are asking companies across the country to join us in our fight against SIDS by encouraging their employees to participate in *Spring-for-SIDS Day*. Each employee who donates \$5 will be provided with a *Spring-for-SIDS* sticker and will be allowed to wear their fun casual spring outfit to work that day. To learn more about *Spring-for-SIDS*, or to volunteer, visit <http://www.springforsids.org>.

**Kansas plan to eliminate childhood lead poisoning.** The Kansas Lead Advisory Committee announces a plan to eliminate childhood lead poisoning in the state by 2010. The committee, organized by the Kansas Department of Health and

Environment through its Kansas Childhood Lead Poisoning Prevention Program, is a multi-agency work group consisting of state and local governments as well as private sector interest groups and individuals. The plan is called "The Public Health Action Plan for the Elimination of Childhood Lead Poisoning in Kansas by 2010." The plan calls for a collaborative effort to reduce and eliminate lead risks in homes before children are exposed. The main areas of focus are health and housing. Within the areas of focus the essential components are: education and outreach, surveillance, housing, legislation, and primary prevention. Lead poisoning is a preventable pediatric health problem affecting Kansas' children. The Centers for Disease Control and Prevention (CDC) estimated 6,400 children in the at-risk age group of 6 to 72 months have blood lead levels above 10 micrograms per deciliter (g/dL). For information on how to prevent lead poisoning or for a copy of "The Public Health Action Plan for the Elimination of Childhood Lead Poisoning in Kansas by 2010" contact the Kansas Childhood Lead Poisoning Prevention Program toll free at 1-866-865-3233 or download a copy at <http://www.unleadedks.com>.

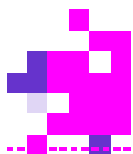
**Grant and Contracts.** Did you know there are current funding opportunities posted at the following Web site? Visit <http://www.healthinschools.org/grants/alerts.asp>. Check it out!



**Child Advocacy Day** will be held Feb. 22 at Topeka's Downtown Ramada Inn. More information is available at the following link, <http://www.kac.org/>.







# Zip's: Adolescent Health

*You can't solve many of today's problems by straight linear thinking. It takes leaps of faith to sense the connections that are not necessarily obvious.*

— Matina Horner



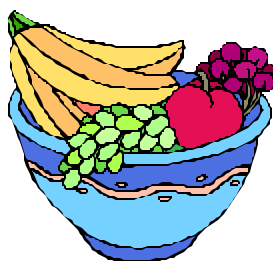
The **National Suicide Prevention Lifeline's** mission is to provide

immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number 1-800-273-TALK (8255). It is the only national suicide prevention and intervention telephone resource funded by the Federal Government. Currently, the network is comprised of over 100 local crisis centers from around the country. Each crisis center serves the needs of their community by providing a necessary resource to individuals in suicidal crisis seeking help. The phones are answered by trained crisis counselors whose duty it is to listen and provide that help. Approximately 30,000 suicide deaths occur in this country annually. Crisis centers, like the ones in this network, are a first line of defense against reducing the number of suicides and minimizing the impact that suicide has on the community. This Web site is designed to provide crisis centers with resources to help them carry out their missions of reducing the impact of suicide on this Nation. If you are in suicidal crisis and are in need of immediate help, please dial: 1-800-273-TALK (8255).

## Kansas Suicide Prevention Facts

Statewide, suicide is the 9th ranking cause of death. An average of 318 residents die by suicide each year. This breaks down to 12.2 per 100,000. By gender, 83 percent of suicides are male making it the 7th ranking cause of death. The male suicide rate is 5 times greater than the female rate. White Non-Hispanics account for 90% of suicides. Firearms is the leading cause of injury deaths in suicide. Suffocation and poisoning rank as the second leading cause of injury deaths in suicide. For

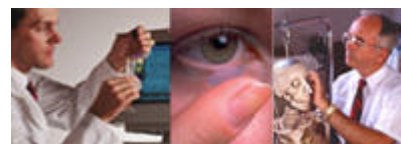
more information on suicides in Kansas contact the Suicide Prevention Resource Center (SPRC) or visit their Web site at <http://www.sprc.org>.



The **Leadership Education and Training Program in Maternal and Child Nutrition** is pleased to

announce the availability of a new book on adolescent nutrition. The book, *Guidelines for Adolescent Nutrition Services*, is available online at our Web site, <http://www.epi.umn.edu/let/pubs>. *Guidelines for Adolescent Nutrition Services* is a comprehensive overview of nutrition issues of teens. Some of the topics discussed in the book include: physical and psychosocial development, obesity, diabetes, hypertension, hyperlipidemia, eating disorders, sports nutrition and children with special health care needs. *Guidelines for Adolescent Nutrition Services* is a collaborative effort by registered dietitians from a variety of MCH training programs including Leadership Education in Adolescent Health, Pediatric Pulmonary Centers, Leadership Education in Neurodevelopmental Disabilities and Nutrition Training programs. This book was developed through funding from the Health Resources and Services Administration, Maternal and Child Health Bureau and is available **free of charge**. Also available for purchase or download is the book *Nutrition and the Pregnant Adolescent: A Practical Reference Guide*. If you have any questions or comments about these publications or if you would like permission to utilize any information from these publications, you may contact Jamie Stang, PhD, MPH, RD at [stang@epi.umn.edu](mailto:stang@epi.umn.edu).

**SAVE THE DATE!!! Third Annual Fatherhood Summit Holiday Inn Select Wichita.** April 21-22. For more information contact: Tammy Aguilar at 785-368-6350.



## FDA APPROVES MENINGOCOCCAL POLYSACCHARIDE DIPHTHERIA TOXOID CONJUGATE VACCINE FOR PERSONS AGES 11-55 YEARS

On Jan. 14, FDA approved Aventis Pasteur's biologics license application for meningococcal polysaccharide (serogroups A, C, Y, W-135) diphtheria toxoid conjugate vaccine. The vaccine is indicated for active immunization of adolescents and adults 11-55 years of age for the prevention of invasive meningococcal disease caused by *Neisseria meningitidis* serogroups A, C, Y, and W-135. Recommendations for the use of this new vaccine in the U.S. will be forthcoming from CDC's Advisory Committee on Immunization Practices, AAP, and AAFP in the months ahead. According to the product approval letter, Aventis Pasteur will manufacture the vaccine at its facility in Swiftwater, PA, label it Menactra, and market it in 0.5mL single-dose vials. To access the prescribing information, go to: <http://www.fda.gov/cber/label/mpdtave011405LB.pdf>.

*Words hurt. More than that, they have the power to make students feel unsafe to the point where they are no longer able to perform in school or conduct normal lives.*

A school-wide **No Name-Calling Week** means school-wide involvement—from students, administrators, teachers, family members, and staff. To find information for involving your school in planning a **No Name-Calling Week** go to : <http://www.nonamecallingweek.org/cgi-bin/iowa/all/event/index.html>.

## Participate in National Wear Red Day on Feb. 4



a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. More women die of heart disease than all cancers combined, yet less than half of women know that heart disease is their biggest health threat and most fail to make the connection between its risk factors and their personal risk of developing heart disease. National Wear Red Day is an annual event held on the first Friday in February. On this day, women and men across the country will wear red to unite in the national movement to give women a personal and urgent wake-up call about their risk of heart disease. Everyone can participate by showing off a favorite red dress, shirt, or tie, or by wearing the Red Dress Pin <http://www.nhlbi.nih.gov/health/hearttruth/index.htm>.



**Doctor Dad** is a groundbreaking workshop that enhances a father's parenting skills in caring for the health and safety of his infant or toddler. **Doctor Dad** provides fathers with health and safety information so that they are able to care for the daily needs of their infants and toddlers. Fathers learn how to use basic medical knowledge to provide compassionate care, enabling them to handle the majority of medical situations that may arise as their children grow. Certified healthcare professionals, health educators or other qualified persons teach this interactive workshop in four sessions, each lasting about two to three hours. For information about implementing **Doctor Dad** in your community, please contact the National Fatherhood Initiative at: 301-948-0599 or e-mail for information at [info@fatherhood.org](mailto:info@fatherhood.org) or visit the Web site <http://www.fatherhood.org>.

**24/7 Dad** is a unique, comprehensive set of fatherhood programs developed by a

team of nationally and internationally recognized fathering and parenting experts and with input from fatherhood practitioners. It includes a basic fathering program (24/7DadA.M.) and a more in-depth program (24/7DadP.M.), each consisting of 12 two-hour sessions. Both programs cover universal aspects of fatherhood so that men of all cultures, races, religions, and backgrounds can benefit from their program. For more information on either program contact the National Fatherhood Initiative at [community@fatherhood.org](mailto:community@fatherhood.org) or call them at 301-948-0599.



## The Bright Futures Oral Health Toolbox

offers health professionals, human services providers, and families online access to materials focusing on oral health supervision. The toolbox consists of descriptions of and links to the pocket guide and other materials that complement the Bright Futures philosophy of promoting and improving the health and well-being of infants, children, and adolescents within the context of family. The toolbox is available at: <http://www.mchoralhealth.org/Toolbox/index.html>.



## What is SIDS?

**Sudden Infant Death Syndrome (SIDS)** is the sudden death of an infant under 1 year old which remains

unexplained after a thorough case investigation, including performance of a complete autopsy, examinations of the death scene, and review of the clinical history (Willinger et al., 1991). How to Lower Your Baby's Risk of SIDS: Back Sleeping and Safe Bedding. Visit these Web sites for more information: American Academy of Pediatrics - <http://www.aap.org/> (type in SIDS and view information on policy statements, fact sheets and other resources). Consumer Product Safety Corporation: <http://www.consumer.gov/productsafety.htm>. National Institute for Child Health and Hu-

man Development: <http://www.nichd.nih.gov/>.



The **Kansas Hispanic and Latino American Affairs Commission** has a new Web site. Please visit them at: <http://www.khlaac.org>. Also, save the

date on Mar. 4 for Hispanic Day on the Hill.

## SafetyLit<sup>SM</sup>

**SafetyLit** is a free service of the Center for Injury Prevention Policy and Practice at San Diego State University. The most recent update is available at: <http://www.safetylit.org/>.



**4woman.gov**  
The National Women's Health Information Center

**National Women's Health Information Center and Office on Women's Health** are proud to announce the launch of our new and comprehensive National Women's Health Indicators Database (NWHID). This is a FREE online tool, which can be accessed at <http://www.4woman.gov/statedata/>.

**Drug Companies Offer Prescription Savings to Uninsured:** Ten pharmaceutical companies have arranged for persons and families without health insurance to save from 25 to 40 percent on 275 brand-name prescription drugs. To learn more visit: [http://www.healthinschools.org/2005/jan11\\_alert.asp](http://www.healthinschools.org/2005/jan11_alert.asp).

**Reversing Childhood Obesity Trends** e-newsletter is written and distributed to help provide up-to-date information and resources on childhood obesity. The e-newsletter is part of a USDA initiative to address this growing concern. All newsletters can be accessed at the UC Berkeley Center for Weight and Health Web site at: <http://nature.berkeley.edu/cwh/activities/trends.shtml>.

## Attention

### Kansas School Nurses!!

Kansas Department of Health and Environment (KDHE), Bureau for Children, Youth & Families (BCYF), recognizes the need for quality health services. BCYF Child Health & Adolescent Health Consultants provide guidance and consultation to Kansas school and local public health department nurses across the state who provide school health services to Kansas children. Many students come to school with health needs that have the potential to interfere with their ability to learn and reach their full potential. Schools have a responsibility for promoting the well-being of the students. Kansas school nurses play a crucial role in meeting the health needs of these school-aged children.

BCYF is piloting a School Nurse Survey for the 2004-2005 school year. The School Nurse survey reflects a broad array of health conditions affecting Kansas children and outlines services provided by school nurses to mitigate these conditions. It provides a mechanism to review and aggregate data for school districts in Kansas related to school health service needs. This data may also be used in planning for staffing and service delivery to assure that all Kansas children receive needed health services to benefit fully from the educational process provided by each school district. The School Nurse Survey can be found at the BCYF School Health Resource Web site at: <http://www.kdhe.state.ks.us/c-f/school.html>. Upon viewing the School Health Resources web page, you will note the School Nurse Survey is located on the lower left hand side of the page, and can be accessed by simply clicking on this link. The School Nurse Survey can be completed via the above Internet Web site, or downloaded and completed on paper to be mailed or faxed to: Christine Tuck, Child Health Consultant, KDHE, BCYF, 1000 SW Jackson, Suite 220, Topeka, KS. 66612. Fax: 785-296-4166. The School Nurse Survey is due to KDHE by May 15.



Visit the National Association of School Nurses resolution on "Vending Machines and Healthy food Choices in schools". <http://www.nasn.org/statements/resolutionvending.htm>.

**Asthma Out of Control in America's Kids.** According to the Dec. 9, 2004 *WebMD Medical News*, a recent survey funded by GlaxoSmithKline found that many of the 7 million kids in the U.S. with asthma, suffer much more than they have to. The results of the survey show that most parents don't know how bad their kids' asthma really is; which results in the child missing out on modern treatments. *For the entire article:* <http://my.webmd.com/content/Article/98/104719.htm?printing=true>.



**Mental Distress Linked With Asthma Flares** A Dec. 13, 2004 Reuters Health reports on a recent study which found frequent mental distress in adults is associated with unhealthy behaviors that raise the risk of asthma flare ups. According to the article, early 19 percent of adults with asthma reported their mental health was not good. *For the entire article: visit their Web site at* <http://www.reuters.co.uk/newsArticle.jhtml?type=healthNews&storyID=7080050>.



Revised fact sheet: **Psychotropic Drugs and Children – Use, Trends, and Implications for Schools.** Recent increases in the use of psychotropic medications by

children and adolescents, limited information on the benefits of these therapies for children, and concerns about the adverse consequences of certain drugs have prompted a growing disquiet. For more information visit: <http://www.healthinschools.org/sh/psychotropic.asp>.

The newly posted Fact Sheet **"What might a fully functioning enabling or learning supports component look like**

**at a school?"** This information was adapted from a description developed for use by Hawaii's Comprehensive Student Support System (CSSS). CSSS is designed to ensure that every school develops a comprehensive, multifaceted, and integrated component to address barriers to learning and promoting healthy development as primary and essential facets of school improvement. To view this information visit: <http://smhp.psych.ucla.edu/summit2002/whatmightfully.pdf>.

**Bullying—Is It Part of Growing Up, or Part of School Violence?** It hasn't been much studied in the United States, it isn't part of most teacher training curricula, and many educators think there's little they can do to stop it. But bullying at school is getting new attention, as researchers find mental health implications in the fact that as many as one-third of students say they have either bullied someone or been the target of bullying. Researchers also consider it important that some 70 percent of the young persons who committed extreme acts of school violence such as shootings were later found to have been either victims or perpetrators of bullying in their schools. For more information visit: <http://www.healthinschools.org/focus/2004/no2.htm>.



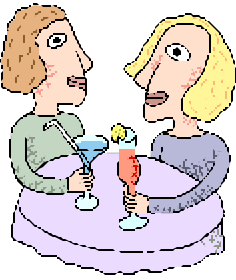
**The ABCs of Bullying: Addressing, Blocking and Curbing School Aggression,** Center for Substance Abuse Prevention's Prevention Pathways: Online Courses can be found at: [http://pathwayscourses.samhsa.gov/bully/bully\\_intro\\_pg1.htm](http://pathwayscourses.samhsa.gov/bully/bully_intro_pg1.htm).





# Zip's: Events and Resources

*We never know how high we are till we are called to rise. And then, if we are true to plan, our statures touch the skies.*  
— Emily Dickinson



A message from Kathy of the Rush County Health Dept. **12 DAYS OF FRIENDSHIP** On the 1st day of friendship, our job gave to we: a big old orange book of Policies.

On the 2nd day of friendship, our job gave to we: A BT Plan to change continuously. On the 3rd day of friendship, our job gave to we: HIPAA Privacy. On the 4th day of friendship, our job gave to we: Kids with runny noses and sneezes for you and me. On the 5th day of friendship, our job gave to we; old men with the smelliesssssss. On the 6th day of friendship, our job gave to we: billing up to my toessssssssssss. On the 7th day of friendship, our job gave to we: HIPAA Security. On the 8th day of friendship, our job gave to we: a pager and cell phone just for we. On the 9th day of friendship, our job gave to we: a refrigerator alarm to babysit for eternity. On the 10th day of friendship, our job gave to we: the Commissioners three. On the 11th day of friendship, our job gave to we: a dozen different locks and keys. On the 12th day of friendship, our job gave to we: tons of emergencies. We've shared the laughter, we've shared the tears but best of all, we've shared the years!  
P.S. Although we know there is so many more the next 12 years are yours.



## **KS-TRAIN: Tip of the Month** ***How to Meet Your Training Needs***

In the world of, "too much to do and too little time," the KS-TRAIN learning management system at <http://ks.train.org/DesktopShell.aspx> should be the answer to finding training for nurses. The KS-TRAIN team recommends "Orientation to Public Health" by the New York – New Jersey Public Health Training Center as a good example of a free web-based self-study course on KS-TRAIN. You will find this web-based self-study training on page one of the national

course subject section, "general public health." The course is approximately 1 hour 15 minutes and provides an interactive opportunity to learn about public health functions at the local level.

Kansas Course Providers are in the process of adding live web-based courses to KS-TRAIN. A few of the titles to be found in the next month are, "Disease Investigation," "Fit-testing A-Z," and "Pertussis, What's in a Cough." To withdraw from a self-study course, or if you are unable to attend a live training go to the "My Learning Record" in the lower right hand corner of the KS-TRAIN home page and click on "My Learning," follow the prompts to withdraw from a course/session. E-mail questions to the KS-TRAIN Engineer Linda Frazier at [lfrazier@kdhe.state.ks.us](mailto:lfrazier@kdhe.state.ks.us) or the KS-TRAIN Conductor, Deb Nickels at [dnickels@kdhe.state.ks.us](mailto:dnickels@kdhe.state.ks.us).



## **Lung Diseases: Challenges for 2005 –**

Friday, Feb. 25 University of Kansas Student Union, Lawrence, KS. Sponsored by the American Thoracic Society and the Kansas Thoracic Society. Registration fee - \$75. For more information contact Sally Head at the American Lung Association of Kansas at 1-800-586-4872 or e-mail [shead@kslung.org](mailto:shead@kslung.org).



## **23rd Annual KDEC Conference** ***The Changing Faces of Early Childhood***, Feb. 24-26 at the

DoubleTree Hotel in Overland Park. Register at: <http://www.kdec.org/>.



## **Asthma Educator Workshop Mar. 7-8** at KU Edwards Campus 12600

Quivira Road, Overland Park, KS. This workshop is an intensive overview of asthma that prepares mid-level professionals and physicians to educate patients in all phases of asthma

management. The workshop is an excellent preparatory course for those who wish to sit for the National Asthma Educator Certification Examination. Individuals passing the certification exam receive a national certification valid for five years. For additional information contact: Sally Head – American Lung Association of Kansas 800-586-4872 or e-mail her at [shead@kslung.org](mailto:shead@kslung.org) or visit the Web site at <http://www.lungusa.org>. This workshop takes place over a two day period and offers 17 CNE contact hours approved by Kansas State Nurses Association.

**Vision Screening** courses will be offered in the spring: February 18, 2005 in Pittsburg, March 4 in Emporia and April 8 in Salina. The information, including registrations forms, is posted at: <http://www.pittstate.edu/kumc>

**Healthy Lifestyle Programs for Youth:** The National 4-H Council, with funding provided by Kraft Foods, Inc. and Cargill, is offering grants to help communities create educational programs and public awareness that will address the obesity problem. For more information visit: <http://www.healthinschools.org/grants/ops219.asp>

**February 6-12, 2005 National Burn Awareness Week**, Shriners Burn Hospital, 3229 Burnet Ave, Cincinnati, OH 45229, Phone: 513-872-6000 <http://www.shrinershq.org/shc/cincinnati/index.html>

**February 13-19, 2005 Child Passenger Safety Awareness Week**, NHTSA, Office of Occupant Protection, 400 Seventh Street, SW, Washington, DC 20590. Ph: 888-DASH-2-DOT <http://www.nhtsa.gov>

**March is Red Cross Month**, American Red Cross, 1621 N. Kent St, Arlington, VA 22209. Ph: 703-248-4214 <http://www.redcross.org>

**March 14-20 Brain Awareness Week** Dana Alliance for Brain Initiatives, 745 Fifth Avenue, Suite 700, New York, NY 10151. Ph: 212-401-1680 <http://www.dana.org/brainweek/>

**March 20-26 National Poison Prevention Week**, Poison Prevention Week Council, P.O. Box 1543, Washington, DC 20013. Ph: 800-638-2772. <http://www.poisonprevention.org>.